

## **Fun and interesting facts (About the broccoli)**

### **1. What is unique about broccoli?**

Broccoli is not a natural vegetable; it was created by humans through selective breeding from the wild cabbage, known as [Brassica oleracea](#). It originated in [Italy](#), dating back 2,000 years. It was cultivated by ancient civilizations such as the [Etruscans](#) and Romans.

### **2. What are the key chemical constituents of broccoli?**

Broccoli has an abundant amount of vitamin C, vitamin A, vitamin K, and folate. It also has minerals such as potassium, iron, and calcium. Broccoli also has sulforaphane, which plays a role in the prevention of cancer. Broccoli also has fiber and antioxidants such as flavonoids and carotenoids.

### **3. Do you know there is a Guinness world record for the heaviest broccoli crop?**

In 1993, John and Mary Evans grew the broccoli crop in [Alaska](#), United States of America. They obtained the broccoli, measuring about 15.87 kg (35 lb).

### **4. From which language is the word ‘broccoli’ obtained?**

It is obtained from the Italian word ‘broccolo’, meaning the flowering crest of cabbage. The flowering crest of cabbage.

### **5. What are the health benefits of broccoli?**

In collagen production, wound recovery, and iron absorption, vitamin C is an essential component. Vitamin K is a crucial component in blood clotting and healthy bone formation. Vitamin A has a key role in normal vision. Potassium has a crucial role in normal heart functioning. Fibers are essential for proper digestion. Folate is an essential component in the growth and development of tissues, while antioxidants have a key role in inflammation and chronic disease.

### **References**

- <https://www.britannica.com/plant/broccoli>
- <https://en.wikipedia.org/wiki/Broccoli>
- <https://www.guinnessworldrecords.com/world-records/heaviest-broccoli>